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~~X~~ Recipes

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INSTANT SWEETPOTATOES

a new consumer product ~~X~~



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Nutrition, Consumer, and

Industrial Use Research //

S. Agricultural Research Service, 72a
U. S. Department of Agriculture

ORANGE SWEETPOTATOES

1-1/4 cups sweetpotato flakes	1 teaspoon cornstarch
1 cup hot water	2 tablespoons brown sugar
1/8 teaspoon salt	1 tablespoon granulated sugar
1/4 cup orange juice	2 teaspoons butter or margarine
1/8 teaspoon grated orange rind	3 tablespoons crushed cereal

Add the sweetpotato flakes to water, let stand 2 minutes. Beat to mix. Place in a greased baking dish. Combine orange juice, rind, cornstarch, sugars, and butter or margarine. Cook the mixture until thickened, stirring constantly. Pour the sauce over sweetpotatoes and top with cereal crumbs. Bake at 400° F. (hot oven) for 15 minutes or until flakes are light brown. Three 1/2-cup servings.

MASHED SWEETPOTATOES

1-1/4 cups sweetpotato flakes	1 teaspoon brown sugar
1 cup hot water	A few grains of salt
1-1/2 teaspoons butter or margarine	

Add the sweetpotato flakes to water, let stand 2 minutes. Add remaining ingredients to sweetpotatoes. Beat to mix. Heat over hot water or in the oven before serving. Three 1/2 cup servings.

SWEETPOTATO-MARSHMALLOW CASSEROLE

1-1/4 cups sweetpotato flakes	A few grains of cinnamon
1 cup hot water	A few grains of nutmeg
1 tablespoon butter or margarine	3/4 teaspoon lemon juice
1/4 teaspoon salt	2 teaspoons milk
	6 marshmallows

Add the sweetpotato flakes to water, let stand 2 minutes. Combine all ingredients except the marshmallows. Beat to mix. Place sweetpotato mixture in a greased baking dish. Bake at 350° F. (moderate oven) for about 15 minutes. Remove from oven and top with marshmallows. Bake for 10 minutes longer, or until marshmallows are puffed and lightly browned. Three 1/2-cup servings.

SWEETPOTATO PUFFS

1-1/4 cups sweetpotato flakes	2 teaspoons packed brown sugar
1 cup hot water	1/8 teaspoon grated orange rind
1 egg yolk, beaten	1 egg white, stiffly beaten
1/4 teaspoon salt	
2 teaspoons butter or margarine	

Add the sweetpotato flakes to water, let stand 2 minutes. Beat to mix. Stir in egg yolk, salt, butter, brown sugar and orange rind. Fold the egg white into the potato mixture. Lightly place sweetpotatoes in a greased baking dish. Bake at 350° F. (moderate oven) for about 30 minutes or until light brown. Three 1/2-cup servings.

